



quit smoking

Don't smoke before or after the birth of your baby and don't allow others to smoke around your baby.



room temperature

Dress your baby in light sleep clothing and keep the room at a temperature that is comfortable for an adult.



no soft surfaces

Babies should not be placed to sleep on waterbeds, sofas, or other soft surfaces.



tummy time

Provide "Tummy Time" when your baby is awake and supervised.



use a pacifier

Breastfeeding is best. After breastfeeding is established, offer your baby a clean, dry pacifier during sleep.



vaccinate

Make sure your baby gets regular check-ups and immunizations.



why?

it's for the babies!

what does a safe sleep environment look like?



for more information on safe sleep for babies, please contact:

Cribs for Kids®
810 River Avenue
Riverfront Place, Suite 250
Pittsburgh, PA 15212
412-322-5680 or 888-721-CRIB
www.cribsforkids.org
facebook.com/CribsforKidsHeadquarters



Helping every baby sleep safer





alone

Keep your baby's sleep area close but separate from where others sleep. Your baby should not sleep with others in a bed, on a couch, or in a chair.



back
is best

Your baby should be placed to sleep on his or her back in a safety-approved crib on a firm mattress every time during naps and at nighttime.



in an
uncluttered
crib

Remove all loose bedding, comforters, quilts, sheepskins, stuffed animals, bumpers, wedges, and pillows from your baby's crib.



it's easy as A, B, C



cause of
death

Sleep related deaths, such as accidental suffocation and SIDS, are the leading causes of death in babies 1 to 12 months of age.



months
of age

Babies who are 2 to 4 months of age are at the highest risk for sleep related deaths, such as accidental suffocation and SIDS.



tell
people

Share the A, B, C, 1, 2, 3's with at least 3 people. Education is key to keeping babies safe.